

CENTER DRIVE SCHOOL ATHLETIC HANDBOOK



CENTER DRIVE SCHOOL'S MISSION STATEMENT

Center Drive believes in creating a meaningful and enjoyable experience for our students, while strengthening their education in areas such as sportsmanship, leadership, citizenship and participation in lifelong activities. Emphasizing, through teaching, common courtesy and respect for rules, fair play and most importantly, good sportsmanship will be practiced regularly through all sporting activities.

Center Drive School participates in the Penobscot Valley Middle League, honoring all league rules.

Center Drive School's Middle Level Philosophy

Structures and practices that define schooling are different at the elementary, middle and high school levels. Appropriate sports programs for middle school students should differ from the programs for high school students. Middle-level sports advocate for a focus on skill development and enjoyment, nurturing the notion of the whole child. In addition, middle-level sports prepare athletes for the competitive play athletes experience in high school.

During these critical Middle School years, young adolescents are experiencing periods of physical, emotional, social and intellectual growth. An important challenge and role for middle schools is to help students incorporate these dramatic changes into the knowledge, skills and attitudes they need to succeed in high school and later in life.

It is our job to be responsive to the needs of our Middle Schoolers. Middle School students need an educational environment including sports, which emphasizes:

- *exploration rather than specialization
- *strengthening of fundamental skills in a variety of activities
- *teamwork and sportsmanship
- *meaningful relationships
- *health and safety
- *resiliency, responsibility and accountability
- *continuing opportunities to play
- *transitioning to high school athletic programs

Information to support this philosophy was taken from: *Sports Done Right*, a document created by Maine Center for Sports and Coaching at the University of Maine. For more information on Sports Done Right please visit,

<https://meeting.nasbonline.org/public/Meeting/Attachments/DisplayAttachment.aspx?AttachmentID=142209>

CENTER DRIVE SPORTS DONE RIGHT

Sports compact for coaches

We recognize that school sports experiences can contribute greatly to the values and ethics of each player. Positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship, encourage an active lifestyle and often enhance the academic experience.

We are dedicated to making healthy and positive sports programming accessible to every eligible student in our school community. We know that coaches are pivotal to quality sports experiences, and pledge to uphold the Core Practices based on *Sports Done Right: A Call to Action on Behalf of Maine's Student-Athletes* along with these practices the Orrington School Community has identified as important.

*The coach promotes the connection between sports and academic learning, sports and character development, and sports and lifelong learning. The coach will strive to make the experience **FUN** for **ALL** players.

*The coach offers motivation, encouragement, and positive communication and assists student-athletes to make good decisions. The coach maintains the flexibility required to work successfully with a diverse group of students. Each coach supports the complex needs of maturing adolescents, assisting student-athletes to develop physically, mentally, socially, and emotionally.

*The coach makes a commitment to the team. The coach is a role model at all times, recognizing his/her profound influence on student-athletes. The coach should model respect for all players, officials, and opponents.

*The coach should master the fundamentals of the sport and continue to stay current with changes and rules. The learning goes beyond techniques and strategies to include the teaching of ethics and sportsmanship and effective communication with parents and the public.

*The coach recognizes the need for balance in the lives of student-athletes: a balance that respects the needs of the family.

*The coach promotes good nutritional habits. Nutrition should be addressed throughout the sports season.

The promise of participation in sports helps shape our young people. We pledge to provide positive opportunities for our students to experience the very best of interscholastic athletics in a setting where "sports are done right." We are actively and positively contributing to what our student-athletes know and the character of who they are...helping to fulfill the vision of graduating educated students who are good people.

----- Coach's Signature

CENTER DRIVE SCHOOL SPORTS DONE RIGHT

Sports Compact for Parents

We recognize that healthy sports experiences require support and input from parents. This compact is based on the Core Principles and Core Practices of *Sports Done Right* along with those practices the Orrington Community has identified as important. We have agreed to honor those principles and practices in support of our student-athletes and a positive learning process.

*Parents give consistent encouragement and support to their children, regardless of the degree of success, the level of skill, or playing time

*Parents stress the importance of respect for coaches and officials through discussions with their children, and highlight the critical nature of contributing to the team and its success over individual goals.

*Parents attend meetings at the onset of sports seasons to meet coaches and school officials and learn firsthand about the expectations for participation in athletics. Parents will support all outlined guidelines for that sport, including following the chain of command if an issue arises.

*Parents serve as role models, see the “big picture” and support all programs and athletes. Parents display positive attitudes and stress the **FUN** in sports.

*Parents agree to abide by the rules guiding the conduct of sports, modeling the principles for the student-athletes.

*Parents ensure a balance in student-athletes’ lives, encouraging participation in multiple sports and activities with academics placed first and foremost.

*Parents leave coaching to the coaches and do not criticize the coaches, the strategies or the team performance. They avoid putting pressure on their children about playing time and performance. Parents should encourage their student-athlete to dialogue with coaches regarding these issues.

We know that school sports experiences can contribute greatly to the value and ethics of each player, and that positive sports experiences teach important life skills, encourage teamwork, help shape character and citizenship and encourage an active lifestyle. We pledge to work together with our student-athletes and the coach to make the experience both positive and FUN.

----- Parent/Guardian Signature

STUDENT ATHLETE AGREEMENT



I agree to:

1. Attend every practice and contest, unless I inform the coach in advance of my absence.
2. Give support and show respect to my teammates.
3. Emphasize academics over athletics.
4. Express myself intelligently and appropriately.
5. Work hard in practice.
6. Practice sportsmanship at all times. Winners don't brag and losers don't make excuses.
7. Strive to be a positive influence in the way I talk and listen to people.

----- Signature of Athlete

-----Date

SPORTS

Cross Country is a no-cut sport for grades five through eight. The team usually consists of 30 to 50+ athletes, boys and girls. The team competes in meets through the fall. They score points in these meets by how they place when they finish. The top five finishing places of each team are added up and given that score as a team. The lowest score would win that meet. Not only do they compete as a team, but also for their personal achievements in improving their times. The players that are cut from soccer can join cross country if they choose.

Track is a no-cut sport for grades five through eight. The track team is a sport that involves both team and personal achievements. Each athlete competes in events they choose throughout their season. These events range from the 50 meter run to the 1600 meter run. They have a four man relay available also. Athletes also have an opportunity to take part in the high jump, shot put, discus and long jump. Each member can monitor their times, distances and heights that they achieve and improve upon them. They also compete in relay races as a team. The track team offers a great experience for personal improvements over time and years of being involved as a team member.

Soccer is a sport that involves eleven players on the field at a time. Soccer is played in two halves, each half lasting thirty minutes. This is a cut sport that is eligible to athletes that are in sixth, seventh or eighth grade. The recommended team size is 15 to 20 players. Final team numbers would be at the administration and coaches' discretion. Due to the size of the team and the playing area that is involved, there is, again at the coach and the administrator's discretion, the potential for fifth graders to try out (if we don't have enough sixth-eighth graders) or practice with the team, gaining experience for the next year.

Basketball is a team sport that places five players on the court at a time. The game is 32 minutes for the A team and 28 minutes for the B team. This is a cut sport that recommends a team size of up to 10-12 players. Final team numbers would be at the administration and coaches' discretion. CDS Basketball supports two girls' teams and two boys' teams; A and B. This sport is open to sixth, seventh, and eighth graders. If there are not enough players to fill these teams, the fifth graders will be eligible to try out for the B team only.

Baseball and Softball are available to sixth, seventh and eighth graders. Due to the game length of six innings, shorter when the 10 or 12 run rule is put into effect, the recommended team size is 10-15 players. Final team numbers would be at the administration and coaches' discretion. If there are not enough players to field a team of sixth, seventh and eighth graders, fifth graders would have the opportunity to try out for the team. If cuts need to be made, 5th graders would be cut first.

Cheering can have up to two teams, a competition team and a cheering squad. The cheering squad consists of the whole team. The team cheers at all home games. The competition squad has the opportunity to cheer at cheerleading competitions throughout the season. They cheer competitively three or four times during the season. The recommended team size is sixteen to twenty cheerleaders. Final team numbers would be at the administration and coaches' discretion.

Following The Center Drive School's cut policy- Any returning 7th grader will maintain his/her spot on the team as an 8th grader, providing they are academically eligible.

The following expectations have been outlined in the Center Drive Middle School Handbook pertaining to Extra Curricular Sports. Participation in sports is considered to be a privilege and all the rules and expectations outlined in the Middle School Handbook (and copied here) must be adhered to.

EXTRA-CURRICULAR ACTIVITIES FOR MIDDLE SCHOOL

Students need to be aware that all athletic, extra-curricular, and co-curricular activities are a privilege in which to participate. All participants will abide by the Code of Conduct found in our Student Handbook. Only students of Center Drive School or students who are residents of Orrington and are home-schooled, are eligible for extra-curricular activities.

ELIGIBILITY- All participants are subject to the Extra Curricular Guidelines which states: To be eligible for participating in an extracurricular activity, a student must first demonstrate a commitment to academics. Consequently, at the end of the ranking period, any student currently participating, or intending to participate, in extracurricular activities who has received one F or two D's, will not be eligible to participate for ten school days. Ineligibility will begin on the first school day following the issuance of the report cards and will be lifted on the eleventh school day following the issuance of the report card. At the end of this period, the student is to check with his/her teachers to see if progress has reached the minimum standards requirement. If his/her grades then reflect a minimum of one D he/she will report to his/her coach or advisor, who will validate the student's academic standing with the appropriate teacher. If the academic standing is validated the student may again participate in his/her activity(s). If at the end of the two week probationary period, his/her grades do not reflect minimum standards, the student will not be eligible to participate for the remainder of that activity.

In addition to the above conditions, the Athletic Director/Principal will generate a report of grades from PowerSchool for the purpose of checking student/athlete's grades approximately every three weeks. If a student, during these checks, has one F and/or two D's, the Athletic Director will rule the student to be ineligible until the teacher(s) involved report appropriate success.

All students participating in extracurricular activities must conform to the guidelines issued by each coach or advisor for dress, behavior and training rules. Any student receiving a detention or academic is ineligible for games, practices etc. for that day. Any student receiving a total of 3 detentions/academics (4 for the winter sport season) during a sport/club season will be ruled ineligible for the remainder of the season.

ATTENDANCE IN SCHOOL

No student will be allowed to participate in any extracurricular activity on the day he/she is absent from school, unless the absence is approved by the principal due to extenuating circumstances. If a student comes to school late, the arrival time must be on or before 11:30 am in order to participate in an after school activity on that day.

PHYSICAL EXAMINATIONS FOR MIDDLE SCHOOL STUDENTS

If a student has not participated in extracurricular activities previously at Center Drive School a physical examination must have been passed within 2 years before trying out and participating in extracurricular sports. Thereafter, a physical exam must have been passed every other year, unless the student has had a significant injury. In such cases, a doctor's permission will be necessary before participating again.

COMMUNICATION PROCEDURE FOR SPORTS AT CDS

Both parenting and coaching are extremely difficult roles. It is important that communication expectations are established to avoid miscommunication and have a successful athletic season.

Communication and responsibilities you can expect from a coach representing CDS:

- The expectations the coach has for your student athlete, as well as the athletes on the team
- The sports philosophy of Center Drive
- Locations and times of all practices and events, along with communication if/when the practice/event needs to be canceled. Please be aware that schedule changes can happen that are beyond the coach's control.
- Procedure followed should your child be injured during a practice/game

Communication and responsibilities you can expect from a parent representing CDS:

- Be an informed parent, reading all information presented to you including schedules, updates, website, etc. Please recognize that schedules are subject to change.
- When you have a concern, give the coach the opportunity to hear and respond to your concern.
- Bring your concerns forward in a timely manner.

Appropriate concerns to discuss with coaches representing CDS:

- Situations involving your child
- Ways to help your child improve
- Your child's attitude, work ethic, and eligibility
- Concerns about your child's behavior

If you have a concern, please follow the procedures listed below:

- Your child should speak to the coach about an issue, before you intervene. This will help your student athlete grow into a young adult.

- Contact the coach to set up an appointment. Do not try to contact the coach before or after a game, these are times when the coach is to be focused on their athletes. If you question the appropriateness of contacting the coach, contact the Athletic Director/Assistant Principal, Mrs. Pelkey, who will help guide you to the appropriate path for resolution.

- If after meeting with the coach, you still have concerns or unresolved issues, the following steps need to take place:
 1. Call to schedule an appointment with the Athletic Director/Assistant Principal, Mrs. Pelkey, to discuss the situation. At this meeting your concern can be discussed and documented.
 2. After hearing your concern, Mrs. Pelkey will investigate. At the conclusion of the investigation, an appropriate measure will be determined and the parents will be informed of the result of the investigation.
 3. Mrs. Pelkey will provide a written summary of the results of the investigation. This summary will be discussed with the parent and a copy of the summary will be put in the personnel file of the coach, regardless of the outcome. Additional meetings will be held at the discretion of the administration.

- If after meeting with the Athletic Director/Assistant Principal, and receiving the summary results, you continue to have concerns, you may contact the Principal, Mrs. Marvin. If you still have concerns, you may contact the Superintendent of Schools.

Athletic Director/Assistant Principal: Sharon Pelkey s.pelkey@cdsedu.org